Getting kids to eat healthy is easier said than done, but it is a concern for a lot of us because we know that good nutrition is a critical need in order for them to fully develop. As parents and caregivers, the right steps can start by first building the foundations for a positive, healthy relationship with food, as well as coming to terms that picky eating is a natural phase for kids. Here are some helpful tips to pass along:

1. **Involve kids in the cooking process**—allow them to wash, sort, peel or mix different ingredients so they feel like they helped contribute to what they will be eating for their next meal.

2. **Grow your own food**—teaching kids about growing their own food not only is a great educational tool, but it also helps increase their consumption of fruits and vegetables because they like to reap the benefits of what they grew!

3. **Don’t reward or punish your child with food.**

4. **Make art w/ food**—make meal time a creative time, by making different shapes out of foods to expand their exposure and appreciation of different foods.

5. **Creative menuing**—name the meal or food in a way that sounds appealing to a child. For instance, instead of saying we are having “broccoli and dip” for a snack, how about “dinosaur tree dippers”!

6. **You provide and the child decides**—as a parent, you are responsible for determining the type and nutrition quality of the food you provide, but leave it up to your child to decide what and whether they eat or not.
Blueberry, Chai and Granola Smoothie Bowl

Serving Size: 2

Ingredients:
2 cups almond milk or coconut milk
1 1/2 cups fresh blueberries
3 TBSP ground chia seeds
2 chai tea bags (remove spices from tea bags)
1 TSP vanilla extract
1/2 TBSP honey (optional)
1/4 cup granola

Instructions:
1. Add milk, blueberries, chia seeds, vanilla and honey to blender.
2. Cut open chai tea bags and pour spices into the blender with all other ingredients.
3. Blend until smooth.
4. Pour contents into a bowl and top with granola.
5. Serve and enjoy!

Try these add-ons to change up your smoothie: cinnamon, nuts, coconut flakes, raw cocoa nibs, or your favorite berry of choice!

Let’s Focus on Strawberries!

* Strawberries are packed full of vitamin C, folate and potassium. Not only do they taste great, but these nutrients help support memory and good brain health.
* Did you know that there are over 200 tiny seeds on one single strawberry!
* Strawberries do not require a lot of space or depth to grow, which makes them great for school or home gardens. Strawberries are also perennials, meaning that they grow for more than one year.

May is National Asparagus Month!

Take May as the perfect opportunity to try asparagus for your next meal or snack! Although it may not be our #1 choice for a vegetable, it can be enjoyed in a lot of different dishes, and of course has several nutrition benefits. Being coined as one of the healthiest vegetables due to it’s dark green color and fibrous texture, asparagus is packed full of antioxidants, vitamin B, A and C. All of these vitamins and nutrients are known to help with anti-aging, and the prevention of cancer and disease. So eat up and try out some of these fresh, new ideas to enjoy asparagus:

• Chop and sauté it up in your next stir fry dish
• Serve it for breakfast—top whole wheat toast with roasted asparagus and soft boiled eggs
• Eat it raw in a salad, or with a dip such as hummus or plain Greek yogurt mixed with lemon, dill, salt and pepper
• Roast up asparagus with salt, pepper, minced garlic and fresh grated parmesan cheese for a side dish that will please anyone